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YOLEO B081CDYJ45

YOLEO Adjustable Weight Bench Instruction Manual

Model: B081CDYJ45

1. Important Safety Information

Please read this entire manual before assembling or using the YOLEO Adjustable Weight Bench. Keep this manual for future reference. Failure to follow these instructions can result in serious injury or product damage.

- **Consult a Physician:** Before starting any exercise program, consult with a physician to ensure you are in good health.
- **Assembly:** Ensure all parts are correctly assembled and tightened before use. Do not use the bench if any parts are damaged or missing.
- **Weight Capacity:** Do not exceed the maximum weight capacity of 300 kg (660 lbs) for the bench. This includes user weight and any weights being lifted.
- **Stable Surface:** Always use the bench on a flat, stable, and non-slip surface.
- **Clearance:** Maintain adequate clearance around the bench during use to prevent accidents.
- **Children and Pets:** Keep children and pets away from the equipment during use.
- **Proper Form:** Use proper exercise form to avoid injury. If you experience pain or discomfort, stop exercising immediately.
- **Maintenance:** Regularly inspect the bench for wear and tear. Replace worn parts immediately.

2. Product Overview

The YOLEO Adjustable Weight Bench is designed for a comprehensive full-body workout, suitable for various fitness levels. Its robust construction and ergonomic design ensure safety and comfort during your training sessions.



Image 2.1: The YOLEO Adjustable Weight Bench in its upright position, showcasing its design and features.

Key Features:

- **Robust Construction:** Made from heavy-duty steel with a unique triangular structure for enhanced stability and durability. Supports up to 300 kg (660 lbs).
- **Ergonomic Design:** Features high-density foam padding and PU leather upholstery for comfort and reduced muscle fatigue. The PU leather is easy to clean and prevents sweat absorption.
- **7-Level Adjustable Backrest:** Allows for various incline, flat, and decline positions to target different muscle groups.
- **Foldable Design:** Easily foldable for convenient storage and portability, making it ideal for home gyms.
- **Versatile Training:** Suitable for a wide range of exercises including dumbbell workouts, sit-ups, and training for shoulders, chest, back, and abs.



Image 2.2: Close-up view of the bench's ergonomic features, including soft PU leather, dense foam padding, anti-slip foot covers, and elastic resistance bands.



Image 2.3: Illustration of the bench's robust structure, highlighting the thickened high-quality steel frame, triangular support design, and anti-slip plastic foot covers for stability.

3. Assembly and Folding Instructions

The YOLEO Adjustable Weight Bench is designed for quick and easy assembly. It can be set up in minutes and folded for storage.

3.1 Assembly

1. Unpack all components and verify against the parts list (not provided in this manual, refer to product packaging).
2. Follow the detailed assembly steps provided in the included instruction leaflet. Ensure all bolts and nuts are securely tightened.
3. Before first use, double-check all connections to ensure the bench is stable and safe.

3.2 Folding for Storage

To save space, the bench can be easily folded. This process typically involves pulling a safety pin or lever to collapse the frame.



Image 3.1: Illustration of the bench's folding mechanism. Manually pull the safety pin to fold the bench quickly and store it efficiently.

1. Ensure no weights or accessories are on the bench.
2. Locate the safety pin or adjustment lever on the frame.
3. Pull the pin or release the lever and carefully fold the bench components inward until it is in its compact storage position.
4. Ensure the bench is securely locked in the folded position before moving or storing.

4. Operating Instructions

The YOLEO Adjustable Weight Bench offers multiple positions to support a variety of exercises.

4.1 Adjusting the Backrest

The backrest can be adjusted to 7 different positions to accommodate various workout needs, from flat to incline and decline.



Image 4.1: Diagram illustrating the 7 adjustable positions of the backrest, ranging from 130° to 195° for diverse fitness requirements.

1. To adjust the backrest, lift the backrest slightly and pull the adjustment pin or lever located at the hinge point.
2. Move the backrest to your desired angle. The bench has numbered slots (1-7) for precise positioning.
3. Ensure the adjustment pin securely locks into place before using the bench. Gently push down on the backrest to confirm it is stable.

4.2 Recommended Exercises

This versatile bench supports a wide range of exercises for a full-body workout.



Image 4.2: Examples of various exercises that can be performed with the YOLEO Adjustable Weight Bench, including dumbbell curls, push-ups, seated presses, bent-over rows, and leg raises.

- **Chest:** Bench press (flat, incline, decline), dumbbell flyes.
- **Shoulders:** Seated dumbbell press, lateral raises.
- **Back:** Bent-over dumbbell rows, single-arm rows.
- **Arms:** Bicep curls, tricep extensions.
- **Abs:** Sit-ups, leg raises (using the leg support).

5. Maintenance and Care

Regular maintenance will extend the life of your YOLEO Adjustable Weight Bench and ensure safe operation.

- **Cleaning:** The PU leather upholstery can be cleaned with a damp cloth. Avoid harsh chemicals or abrasive cleaners that could damage the material.

- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners.
- **Wear and Tear:** Inspect the frame, padding, and plastic components for any signs of wear, cracks, or damage. Replace damaged parts immediately.
- **Storage:** Store the bench in a dry, cool place away from direct sunlight and extreme temperatures.

6. Troubleshooting

If you encounter any issues with your YOLEO Adjustable Weight Bench, refer to the following common solutions:

- **Bench feels unstable:** Ensure all bolts and nuts are securely tightened. Check that the bench is placed on a flat, even surface.
- **Difficulty adjusting backrest:** Ensure the adjustment pin is fully disengaged before attempting to move the backrest. Check for any obstructions in the adjustment mechanism.
- **Squeaking noises:** Apply a small amount of silicone-based lubricant to pivot points or joints if squeaking occurs. Avoid oil-based lubricants that can attract dust.
- **Missing parts:** If you find any parts missing upon unboxing, contact customer support immediately.

7. Product Specifications

Detailed specifications for the YOLEO Adjustable Weight Bench.



Image 7.1: Diagram showing the product dimensions and key specifications.

Specification	Value
Brand	YOLEO

Specification	Value
Model	B081CDYJ45
Material	Alloy Steel, PU Leather, High-Density Foam
Color	Elegant Black
Product Dimensions (L x W x H)	110P x 43l x 114.3H cm (Approx. 43.3 x 16.9 x 45 inches)
Item Weight	10.5 Kilograms (Approx. 23.1 lbs)
Maximum Weight Capacity	300 Kilograms (Approx. 660 lbs)
Backrest Adjustment Levels	7 positions

8. Warranty and Support

YOLEO is committed to providing high-quality fitness equipment and excellent customer service.

- **After-Sales Service:** We offer professional after-sales service. For any questions or issues, please contact our support team. We aim to resolve all inquiries within 24 working hours.
- **Contact Information:** Refer to your purchase documentation or the YOLEO official website for specific contact details for warranty claims or technical support.

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